ACCUSPLIT
OFFICIAL PEDOMETER OF THE PGA TOUR

PGA TOUR

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Eat Right! Walk More! Live Well!
The ACCUSPLIT Lifestyle

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ACCUSPLIT.EAGLE

AE120XLM
PEDOMETER

Operating Instructions

Functions
• Step counter.
• Automatic Activity Timer.
• Trip and Total memories for Steps, and Activity Time.

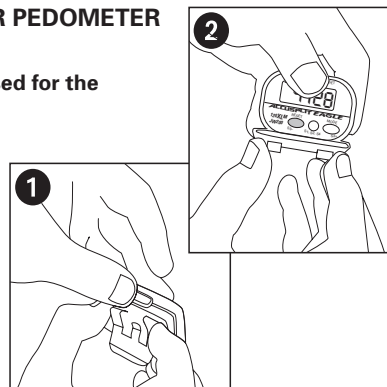For complete Function Specifications, go to page 29.

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Key Features
• Built around the Japanese-made JW200 PedometerEngine™ Step Sensor, the current gold standard for accuracy.
• Extra Large Digits.
• The ACCUSPLIT exclusive case makes this the slimmest available pedometer built around the JW200 Step Sensor.
• Chromed, Spring Steel clip resists breakage.
• Case includes two leash slots, for attaching safety leash on either side. Made from tough polycarbonate plastic.
• Total Steps Memory counts to 10,000,000 steps!
• Step filter, can be set from 0-5 steps to further increase accuracy.

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HOW TO OPEN YOUR PEDOMETER
See diagrams at right.
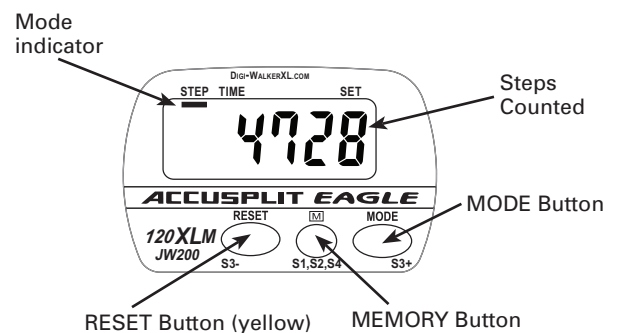**The cover must be closed for the pedometer to work.**

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Getting Acquainted
• Press the MODE button to cycle through the display modes (Steps, Activity Time).
  See pages 11-12 and Specifications for details.
• Press MEMORY Ⓜ button to switch back and forth between Trip and Total memory displays.
  See pages 12-14 for a complete explanation.
• The RESET button sets your counts back to zero.
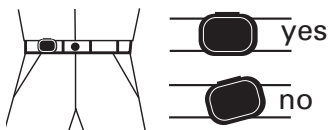 See page 15 for details.

MODES
• STEP: STEP mode shows step count.
• TIME: AUTO ACTIVITY TIMER MODE shows total activity time in min and sec.

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Mode indicator

Steps Counted

MODE Button

RESET Button (yellow)

MEMORY Button

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WEARING YOUR PEDOMETER

Gently slide the pedometer onto your belt or the top edge of your pants or skirt. It should fit snugly and level, above one knee. The strong steel clip makes it easy.

Note: The pedometer should be as vertical as possible. Walkers with larger stomachs may find it helpful to wear the pedometer farther back on the body, toward one hip.
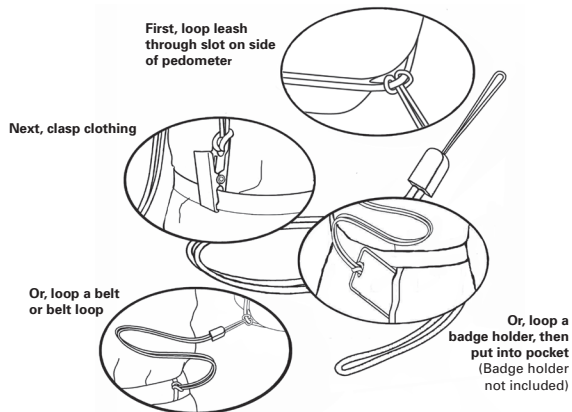
The cover must be closed for the pedometer to work.

To avoid losing or dropping your pedometer, use the included leash and clip to fasten the pedometer securely to your clothing.

Attaching the Leash

1. Attach the pedometer to the leash by looping the thin side of the leash through one of the leash slots on the sides of the pedometer case, near the bottom of the unit.
2. Put the pedometer onto your clothing as discussed above.
3. Attach the alligator clip to a belt loop or the top edge of the pants or skirt.

Note: You can also use a safety pin to fasten the leash to your clothing, loop the leash through your belt or belt loop, or use a badge holder.

First, loop leash through slot on side of pedometer

Next, clasp clothing

Or, loop a belt or belt loop

Or, loop a badge holder, then put into pocket
(Badge holder not included)

VIEWING YOUR RESULTS

Once you put on your pedometer with the cover closed, it will automatically begin to record your steps, activity time, distance, and calories burned. Repeatedly press the MODE button to cycle through the pedometer modes:

STEPS → TIME → STEPS

Time is counted automatically whenever steps are being counted.
• TIME is time spent in step activity.

Note: For extra accuracy, the default Step Filter Setting is 1. See page 25 to learn more.
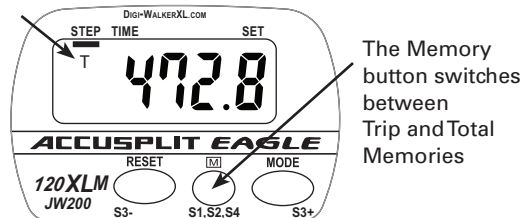
TOTAL vs. TRIP MEMORIES

This unit has two sets of memories – TRIP and TOTAL. The TRIP memories are displayed in normal operating mode. We call them TRIP memories because they can be reset whenever you want, just like the extra Trip odometer on most cars.

The TOTAL Memories are provided as a way to keep track of your progress over a long period of time. You may wish to reset your total memories once per week, per month, per year, or never! It can be fun to see how many steps or how much distance you walk in a long period of time.

The unit stores both Trip and also Total memories for Steps and Activity Time. As steps are taken, the unit increases the values for both Trip and Total memories simultaneously.

"T" lights when viewing Total Memories

The Memory button switches between Trip and Total Memories

Viewing Trip vs. Total memories

To switch back and forth between viewing TRIP and TOTAL memory, press the MEMORY button ("M"). You'll see the "T" icon (for Total) appear when displaying TOTAL memories. The "T" icon disappears when displaying TRIP memory values.

In total step memory, the unit displays Steps ÷ 1,000. For example, 500,000 steps displays as "500.0." In this way, the unit can display up to 10,000,000 steps.

RESETTING YOUR PEDOMETER
Resetting TRIP Memories

Most people prefer to reset counts daily. To reset your regular counts (Trip Memories): From STEP or TIME mode, press and hold the yellow RESET button for at least 2 seconds. You'll see the values all go back to zero. The TOTAL memories stay as they are when resetting the TRIP memories.

Resetting TOTAL and TRIP Memories

To reset your TOTAL Memories (which always resets TRIP Memories) , go into Total Memory Recall Mode. Press and hold the yellow RESET button for at least 2 seconds to clear BOTH TOTAL and TRIP memories.

OTHER SETTINGS

The Step Filter setting is accessed through a special "deep set" mode.

ACCUSPLIT products use a common setting procedure known as "S1- S2-S3-S4." Here's how it works:

Press S1 for 2 seconds: Enter the SET mode
Press S2: Change the field to be set
Press S3: Change the field value
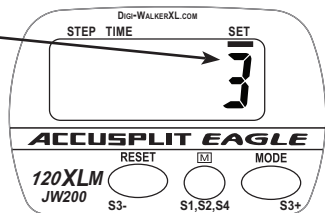Press S4 for 2 seconds: Exit the SET mode

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CHANGING STEP FILTER SETTING

While the JW200 PedometerEngine™ Step Sensor is extremely accurate, some people like to have the ability to filter out false steps. Therefore, the unit has a variable setting step filter, to allow fine-tuning to your specific preferences. You can set the value to any value from 0 – 5 steps. For example, if the filter is set to "3", the unit will wait to start counting steps until more than three steps have been taken in less than five seconds.

Press and hold the S1 (MEMORY) button for 4 seconds. The screen will display a single digit. Press S3+ (MODE) or S3– (RESET) to change the Step Filter Setting. Press and hold S4 (Memory) for 2 seconds to exit Deep Set Mode.
Note: The unit will save any changes and exit set mode after 30 second unattended.

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Can be set from 0-5 steps

Set Step Filter set point

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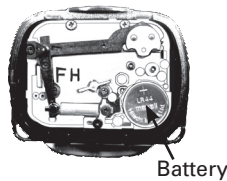## REPLACING THE BATTERY AND MASTER RESET

When the display starts to dim or goes blank, it is time to replace the battery.

If the display is not uniformly dim or blank, and appears to display "erroneous data", do a Master Reset by pressing all 3 buttons simultaneously for 3 seconds and then release. The display should go blank, then turn all segments on, then display 0 steps in Step Mode.

Note: All the settings will return to their default setting values. If you need to change the battery, the settings will also revert to default settings.

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To replace the battery:
1. Insert a coin into the slot on the bottom of the case, and twist to loosen the faceplate. Remove faceplate and set aside.

2. Locate the battery holder as seen on sketch. Pull out the old battery, and push a new LR-44 battery into the holder, with positive terminal (+) facing up.

Battery

3. Snap faceplate back into place, hooking the bottom two tabs first, then closing by pressing together at the top two tabs.

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SPECIFICATIONS, FEATURES, and FUNCTIONS

Description of Functions
• Counts Steps up to 99,999 then rollover.
• Has a Total Memory for Steps that counts up to 99,999,999 steps, then rollover.
• Counts Time spent in step activity, up to 999 Min 59 sec, then rollover. Automatically counts whenever step activity is occurring.
• Has a Total Memory for Activity Time that counts up to 99,999 minutes, then rollover.
• Adjustable Step Filter (default setting is 1 step, but can be set from 0-5 steps) to increase step count accuracy.

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REGISTER NOW Please return your AE120XLM Registration to the Repair Center address in the warranty, and we will let you know about future products.

Email (preferred)
User _____

_____

_____

NO-PROOF-OF-PURCHASE LIMITED WARRANTY
Free service for first year of ownership;
$12 fee for service thereafter. See label inside unit for date.
See www.ACCUSPLIT.com/support for details

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